

Self-Advocacy Activity



How Well Do You Know Yourself?

Self-advocacy means speaking up for yourself and others. It means knowing about your strengths and challenges, understanding your rights as a citizen, and being able to share your needs with others.

Rate yourself on the following questions:

Y = Yes | S = Sometimes | N = No

Self-Awareness

- Do you know what your skills and strengths are?
- Can you easily explain your skills and strengths to other people?
- Do you know how you learn best?
- Do you share with others how you learn best?
- Do you ask for help when you need it?
- Do you set goals for yourself?

Disclosure

- Do you know about your disability?
- Do you practice telling others about your disability?

Disclosure - continued

- Do you like the reaction you get when you tell someone about your disability?
- Do you describe your disability differently depending on the setting or the people?
- Are there times you choose not to talk about your disability?

Accommodations

- Do you participate in meetings about your education and work?
- Do you know what "reasonable accommodation" means?
- Do you know what accommodations you need to be successful at work or school?
- Do you practice asking for the accommodations you need?

Total your scores – on the other side...

How Well Do You Know Yourself? - Scoring

Yes

If you answered mostly YES...

Total

You should be very proud of yourself! You have a very good sense of yourself and your disability. You are on the road to being a very self-determined individual! Of course there is always room for improvement. Reflect on the questions you answered with a NO. Create some short-term goals to help you continue to improve!

= _____

Sometimes

If you answered mostly SOMETIMES...

Total

You already have good skills in your understanding of yourself and your disability. There are also opportunities for you to learn more and improve in some areas. Once you know your strengths (the questions you answered with a YES), list the other areas that need work (the questions you answered with a NO). Decide which areas are most important to focus on right now. Create some short-term goals to work on your weaker spots.

= _____

No

If you answered mostly NO...

Total

You are at the beginning stage of understanding yourself and your disability. Take the next step and seek out others you trust and who know you well; ask them to help you sort out your areas of strengths. Share the results of the questionnaire with them and ask for help with creating short-term goals to better understand yourself.

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